



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 15044, Fish, ling, raw**

**Report Date: June 25, 2017 19:30 EDT**

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

**Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 193g
<b>Proximates</b>						
Water	g	79.63	16	0.265	67.69	153.69
Energy	kcal	87	--	--	74	168
Energy	kJ	364	--	--	309	703
Protein	g	18.99	10	0.281	16.14	36.65
Total lipid (fat)	g	0.64	7	0.105	0.54	1.24
Ash	g	1.40	6	0.103	1.19	2.70
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
<b>Minerals</b>						
Calcium, Ca	mg	34	2	--	29	66
Iron, Fe	mg	0.65	2	--	0.55	1.25
Magnesium, Mg	mg	63	1	--	54	122
Phosphorus, P	mg	198	3	8.322	168	382
Potassium, K	mg	379	1	--	322	731
Sodium, Na	mg	135	1	--	115	261
Zinc, Zn	mg	0.78	--	--	0.66	1.51
Copper, Cu	mg	0.110	--	--	0.093	0.212
Manganese, Mn	mg	0.030	--	--	0.025	0.058
Selenium, Se	µg	36.5	--	--	31.0	70.4
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.110	2	--	0.093	0.212

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 193g
Riboflavin	mg	0.190	5	0.078	0.161	0.367
Niacin	mg	2.300	3	0.115	1.955	4.439
Pantothenic acid	mg	0.320	3	0.040	0.272	0.618
Vitamin B-6	mg	0.304	3	0.047	0.258	0.587
Folate, total	µg	7	--	--	6	14
Folic acid	µg	0	--	--	0	0
Folate, food	µg	7	--	--	6	14
Folate, DFE	µg	7	--	--	6	14
Vitamin B-12	µg	0.56	5	0.068	0.48	1.08
Vitamin A, RAE	µg	30	3	19.539	26	58
Retinol	µg	30	3	19.539	26	58
Vitamin A, IU	IU	100	3	65.064	85	193
<b>Lipids</b>						
Fatty acids, total saturated	g	0.120	--	--	0.102	0.232
Fatty acids, total monounsaturated	g	0.090	--	--	0.076	0.174
Fatty acids, total polyunsaturated	g	0.220	--	--	0.187	0.425
Cholesterol	mg	40	--	--	34	77
<b>Amino Acids</b>						
Tryptophan	g	0.213	--	--	0.181	0.411
Threonine	g	0.832	--	--	0.707	1.606
Isoleucine	g	0.875	--	--	0.744	1.689
Leucine	g	1.543	--	--	1.312	2.978
Lysine	g	1.744	--	--	1.482	3.366
Methionine	g	0.562	--	--	0.478	1.085
Cystine	g	0.204	--	--	0.173	0.394
Phenylalanine	g	0.741	--	--	0.630	1.430
Tyrosine	g	0.641	--	--	0.545	1.237
Valine	g	0.978	--	--	0.831	1.888
Arginine	g	1.136	--	--	0.966	2.192
Histidine	g	0.559	--	--	0.475	1.079
Alanine	g	1.148	--	--	0.976	2.216
Aspartic acid	g	1.944	--	--	1.652	3.752
Glutamic acid	g	2.834	--	--	2.409	5.470

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	1 fillet 193g
Glycine	g	0.911	--	--	0.774	1.758
Proline	g	0.671	--	--	0.570	1.295
Serine	g	0.775	--	--	0.659	1.496
Other						